

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 20, 11

NOVEMBER 2014

Thanksgiving Dinner

Join us on Tuesday, November 18 for an early turkey dinner with all the fixins! The festivities will begin at 11:30 with chips and dips being served in our large activity room, sponsored by Quabog Rehabilitation and Skilled Care Center of West Brookfield. At noon, we will move into the Community Room where we will enjoy a full turkey dinner. Following the meal, entertainment will be provided by the Wilbraham Women's Choral Group. Cost for this meal is \$2 per person and payment is due at time of reservation. Stop at the front desk to sign up.

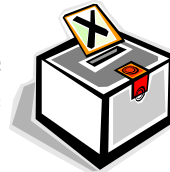


GLASS ORNAMENT CRAFT CLASS

We are offering something new and exciting this month on November 24th from 11:30am -1 pm. We have guest Artist Sherry Coulis, owner of Oh So Pretties Handcrafted gifts in Wilbraham, coming out to offer an introductory glass fusing class. Sherry will be teaching design elements with several types of glass and help you to create 2 Glass Christmas ornaments. You will design 2 ornaments of your choice and she will fire them in her studio and bring them back the following week. There are samples of these ornaments at the Senior center for you to see. This is a great way to learn a new craft and make some lovely ornaments to give as gifts, hang in a window or on your holiday tree. The cost of this workshop is \$25 including all materials and firings. Payment due at time of registration. Make checks payable to Sherry Coulis.

ELECTION DAY

Tuesday, November 4th is election day. Our Senior Van will be available to drive Seniors to the polls at Minnechaug. If you need a ride, please call 596-8379.



Weather Related Closings

If weather prevents the Senior Center from opening, we will post the information on the Town of Wilbraham website, the Senior Center Facebook page, CBS3 Springfield, ABC40, FOX6 and 22 News. We do not follow the school closings.



LIBRARY KIOSK

Have you explored the new "Overdrive" kiosk from the Wilbraham Public Library located in the Senior Center's back activity room? Wilbraham Library Director Karen Demers, and Reference and Outreach Librarian Dot Moore will give a tour of the system, and help people get started with checking out ebooks on **Monday, November 3rd at 10:00 a.m.** Bring your iPad, Kindle, Nook, or other e-reader and your library card to get started. The Overdrive kiosk is funded in part by a donation from Hampden Bank and provided by the Wilbraham Public Library. The C/W MARS Digital Collection has over 120,000 titles including popular bestsellers! If you can't make the session on November 3 but would like training on using ebooks, you may contact the library at 596-6141 to set up an appointment for a one-on-one session.

VETERANS DAY

Please join us as we celebrate our Annual Veterans Day Ceremony on **Tuesday November 11th at 11:00 a.m.** located at Crane Park Main Street. A Purple Heart will be awarded to a Wilbraham family for their relative, a WWI Soldier who was killed in France. Music will be provided by the Minnechaug High School Band. Selectmen and State Representatives will be in attendance. Light refreshments served following ceremony.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Free Blood Pressure Readings, **Tuesdays, 11- 12 noon.**



Foot Care Nurses will be at the Center on **November 13** and are available for home visits. Cost is \$29.

Foot Doctor Cindy Galavotti will be back **November 5** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **November 12**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

Lee Giglietti, Public Health Nurse, is available on Tuesdays and Wednesdays for consultations. Please call for hours.

SHARPS containers are available FREE at center, with list of where they can be returned when full.

FITNESS PROGRAMS

Line Dancing on **Wednesdays at 1:40 p.m.** Beginner Line Dance class on **Fridays at 1:40 p.m.**

Zumba Gold—**Wednesdays at 2 & Fridays at 10:30**, \$5.

Tap Dance with Mary Ann, **Thursdays at 9:30 a.m.**

Tai Chi, **Wednesdays** at 9 a.m. FREE!

Chair Exercise, **Tues.& Thurs. at 10 a.m.**

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m. FREE!!!!**

Gentle Exercise, **Wednesdays., 10:15 a.m.**

Senior Center Fitness Equipment— recumbent bike and treadmill. A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

SPA PROGRAMS

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **November 7 & 21** for appointments. Cost is \$10.

MANICURES AT THE CENTER—Manicures by Cathy Rasid, licensed manicurist. Basic Manicure \$10, includes nail shaping, filing, soaking, cuticle and skin conditioning with clear polish. Nail Polish Application \$10, includes nail shaping, filing and Vinyl-Lux Premium Polish. Complete Manicure \$18, includes all above. Call Cathy at 413-335-7422 for an appointment. **November 4 & 18.**

CHAIR MASSAGE AT SENIOR CENTER—Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **November 7.** Very relaxing!!



Call 596-8379 for appt.

Come meet Helena and Natasha from Touched by an Angel, a new home health agency in Palmer on **Monday Nov. 10th at 10am.** Hear about their agency and learn about waiver services available through Mass Rehabilitation Specially "Money Follows the Person" wavier system.

MEDICARE OPEN ENROLLMENT

The Medicare Open Enrollment period started in October. This is the time when you can change supplemental health insurance and drug plans for 2015. It is a good time to review your health insurance coverage for next year. Our SHINE Counselor, Gerry Carney, will be available on most Friday mornings in November, and December 5th, to assist you in reviewing plan options. Call the Senior Center early to make an appointment at 596-8379. **Fallon Health** will be here on Friday, November 14 at 10 a.m. to answer any questions you may have.

The season of giving is upon us, the Senior Center will be accepting donations for "The Cure for Rett Syndrome." Please consider stopping by the center for this worthy cause. Each donation will be represented by a flower which will be placed on our wall of flowers. Your gift is greatly appreciated!



SENIOR CENTER CLOSED
Tuesday, November 11
Veteran's Day
Thursday, November 27
Thanksgiving

Fuel Assistance

New applications for Fuel Assistance through the state are now available. The new maximum gross income levels are: 1 person \$32,618, 2 people \$42,654. It is very important that you bring all necessary paperwork with you to your appointment. Applications cannot be sent without all the paperwork. Proof of Fixed Income; Social Security, pension. Unemployment—most recent 4 week period check stubs; 2014 Heating, Electric & Telephone Bill, (complete bill showing the account number); 2014 Sewer/Water bill or Tax bill or House insurance bill; If renting – landlord name, address, telephone number; If working – 4 consecutive pay stubs prior to your application date.

We also received a grant to help residents who do not qualify for the state fuel assistance. Call 596-8379 for an appointment with Barbara Harrington to complete application.



Apple Pie Social



Keystone Commons will be bringing some homemade apple pies to share with you. Come enjoy Chef David's delicious pie and Ice-cream while chatting with a current resident of Keystone Commons!!! November 24, 2014, at 10:00AM. Please sign up so we have enough pie!!

NOVEMBER EVENTS

SHINE Representative will be at the Center on **Friday, November 7, 14, 21, & 28.**

BOOK CLUB will meet on Thursday **November 20** at 1:30 pm. Book— "To Dakota and Back" by Judith Kapperman.

QUILTING CLUB, November 13 & 20 at 1:00 p.m.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **November 12.** Call for appt. 596-8379.


JEWELRY WORKSHOP with Sandy Merrill, will be held on **November 19** at 10 a.m. \$3/class.

MEN'S BREAKFAST in Ludlow on **Friday, November 23 at 8:30 a.m.** Please call to register—596-8379.

AFTERNOONS: PITCH Mondays, 12:30 p.m., **DOMINOES** Thursdays, 11:30 a.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

FRIENDS OF WILBRAHAM SENIORS MEETING Monthly meeting held on **Nov. 10** at 1 pm.

NOVEMBER 2014

Mon	Tue	Wed	Thu	Fri
3 10-Library Demo of Book Kiosk 12:30-Pitch 1-Rug Making <i>Jambalya, Salad</i> Stop& Shop	4 10-Manicures 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	5 9-Tai Chi 9-Podiatrist 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold Wal Mart	6 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes Big Y	7 9-SHINE Rep. 9:30-Massage Therapy 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
10 10-Touched by an Angel 12:30-Pitch 1-Rug Making 1-Friends Meeting <i>Chicken Chow Mein</i> Big Y	11 CLOSED VETERAN'S DAY 	12 9-Tai Chi 10-Baystate Hearing 1-Attorney Peterson 1:40-Line Dance 2-Zumba Gold Eastfield Mall	13 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz 10-Chair Exercise 11:30-Dominoes 1-Quilting Club Stop & Shop	14 9-SHINE Rep. 10-Fallon Health 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
17 10-Mind Body Connection 12:30-Pitch 1-Rug Making <i>Baked Chicken/wine sauce</i> Stop& Shop	18 Turkey Party 10-Manicures 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	19 9-Tai Chi 10:15-Gentle Exercise 10-Jewelry Class 1:40-Line Dance 2-Zumba Gold Wal Mart	20 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club 1:30-Book Club Big Y	21 9-SHINE Rep. 9-Outeageous Adventures 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
24 10 -Apple pie social 11:30-Fused Glass Craft Class 12:30-Pitch 1-Rug Making <i>Macaroni & Cheese</i> Big Y	25 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	26 9-Tai Chi 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold Holyoke Mall	27 CLOSED THANKSGIVING	28 9-SHINE Rep. 10:30-Zumba Gold 1-Bridge 1:40-Line Dance



DONATIONS

Thanks to those who have donated to the Friends of Wilbraham Seniors, Building Fund and Revolving Accounts:

Friends

Anon
Anti, Claire
Arabik, Stephen/Mary
Barden, Paul/Marguerite
Bennett, Alice
Bennett, Jean
Bergeron, Roland/Helen
Blomberg, Joan
Braskie, James
Cavros, Carole
Chaconas, Gregory/Janet
Clark, Doris
Curic, Dorothy
Czekanski, Christine
Dahdah, Joe
Dempsey, Joseph
Dimella, Deirdre
Dusseault, Louis/Julia

Gallus, Nancy
Gaudreau, Jules
Gauthier, Shirley
Gentile, Michael/Alice
Glica, Sigismund/Nellie
Gore, Dorothy
Grondalski, Phyllis
Hammond, Glory
Hill, Norma
Hunt, Audrey
Jasmin, Anna
Jasmin, Lynn
Jensen, Yvette
Johnson, William
Ketschek, Donna
Kuhn, Donald/Barbara
Kwapinski, Maria
Lapierre, Mary K
Magee, Alfred/Susan

Magill, Marge
Mavlouganes, Beverly
Munn, Theresa
Nichols, Muriel
Nicoli, Eileen
Page, Robert
Phillips, John
Pickering, James/Mary
Polom, Mary
Post, Jenine
Provost, Cheryl
Savoy, Rachel
Shaw, Frances
Shumway, Carol
Siensienko, Jean
Singiser, Margaret
Soja, Dorothy
Sotiropoulos, Christina
Stusick, Ted/Stasia

Supernaw, Dolores
Szaban, D
Szaban, Walter/Helen
Testori, Juanita
Toothill, Lorraine
Tucker, Catherine
Turcotte, Gilles
Villamaino, Matthew/Jane
Wray, Madeline
Zanetti, Henry/Dorothea

Building Fund

Munn, Theresa
Phillips, John
Hunter, Kathy - WSC Line
Dancers
WSC Pitch Club

From the Friends of Wilbraham Seniors A New Senior Center: "It's the Right Thing To Do!"

In a conversation recently with another senior in town, he asked an important question. "Why should we worry about a new senior center? Can it really be justified?" Our lives are full of many things that on some level cannot be "justified". yet we do them because it is *the right thing to do* for our society and certain individuals. Currently, seniors represent over a third of the adult population in Wilbraham. And our aging community is increasing 3 times as fast as our states population. It's right that we do things to support their growing needs. It is also necessary and essential that we have an adequate facility to meet our seniors needs. It's also important to be reminded that our seniors impose very little burden on the Wilbraham tax base. Some areas positively impacted by the programs at a well run properly sized senior center include:

***Personal fitness:** Exercise needs for seniors is quite a bit different from what is offered at a well run Health Club. The thought of perspiring alongside an athletic 30-40 year old has little appeal to many of us.

***Community Socialization:** Socialization with one's peers is another valuable benefit. The interests and hobbies of most seniors are quite different most younger people.

***Individual Health:** Health checks and informational meetings are invaluable. They trigger added preventative care with a senior's medical group and help improve the quality of our lives.

We encourage you to visit our existing inadequate Senior Center facility to get some firsthand observations. As a comparison, the six surrounding communities: Hampden, East Longmeadow, Longmeadow, Ludlow, Palmer & Belchertown senior centers averages 3 square feet per town senior. Wilbraham's provided space is 1.06 square feet per town senior. Small wonder that so many functions have limited attendance. Another fact: During the past 12 months, there were 17,000 visits to our senior center. That's 68 walk-ins a day.

The fact is: *"A new Senior Center is the right thing to do!"*

The Friends of Wilbraham Seniors

PRESENTS 5th ANNUAL

HOLIDAY BAZAAR

NOVEMBER 22, 2014, SATURDAY from 9am till 3pm
AT THE GARDENS OF WILBRAHAM
2301 BOSTON ROAD

Pictures with Santa from 10am till 1pm

20+ Crafters

Stay for Lunch

Soup, Meatball Grinders, Chips, Soda & Coffee

**100% of Proceeds to the Friends of Wilbraham Seniors
Building Fund. Over 70 Raffle items.**

10 tickets for \$5

25 tickets for \$10

**Bring
the Kids
&
Get a Photo
With
Santa**



**Homemade
Baked
Goods**

*Some Sugar-free
and
Some Gluten-free*

RED HAT YAYA SISTERHOOD OF WILBRAHAM

Fall is flying by and winter is on the way. Our Oct. 17 event was not very well attended. I hope we had a good time. Nov. 13 is Pot Luck to be held at the Gardens of Wilbraham. Nicole Lussier (599-0184), Ellie Griswold (596-6971) and Joan Maggi (596-8720) will be chairladies for this event. There will be a raffle. If you are going to bring a raffle item please sign up when you make your reservation. Mary Manning will be joining us to speak on Heffier International. Friday Dec. 5 (note the change of date) at 12:30 is our Christmas party at Ludlow Country Club. Choice of pot roast, baked scrod or chicken picatta. We are not going to do a gift swap but will make a donation to the fund Mary Manning spoke about at our Nov. Pot Luck, Heffier International. Kathy Phipps is the chair lady for this event (596-9938). Jan 15th we are going to do our own Downton Abbey Tea. Deb Gormley is the chair lady for this event (547-6583). The first episode of the season of Downton Abbey is Jan. 4 on PBS on Masterpiece Theater—check it out. This too, will be held at the Gardens of Wilbraham. More information will follow on this event. The remainder of the events will be in the handbook or right here in the senior newsletter. Stay warm and the holidays are coming.

Kathy Phipps, your Queen Mum

Happy Healthy Holidays!

Give friends and family the gift of healthy eating. Meet Sue Mazrolle, Big Y's in store dietitian on Friday November 7th from 10-11 and learn simple steps to modify favorite recipes and discover ideas for healthy holiday snacks and gifts. Sign up at Senior Center front desk. Meet at Big Y in Wilbraham in the Cafe area.



SHOPPING TRIP



Attention all shoppers! Bus trip to Wrentham Outlets Tuesday, December 9th to hunt for holiday bargains. Bus leaves senior center at 9 am for a full day of shopping and will return 5 pm. Cost is \$25. Sign up on Nov. 5th at 8am with payment at the front desk. Tuesday is Senior Discount Day so don't miss out on the bargains.

community calendar

For those who are taking care of someone with memory loss, a new caregivers support group will begin November 5 at the Wilbraham Public Library in the Brooks Room at 7 p.m. It will meet on the first Wednesday of each month thereafter. The leader is MaryAnne Stout, a leader in the field of Alzheimers care.

PARKINSON'S DISEASE SUPPORT GROUP—The next support group meeting, for caregivers and those coping with the disease, will meet at the Jewish Community Center at 1160 Dickinson Street, Springfield at 4 p.m. on Monday, Nov. 3. Since the New England Regional Conference of Parkinson Disease is meeting on the same day, our local meeting (for those not attending the NE Conference) will be a time for sharing while we discuss our experiences, concerns and solutions of living with Parkinsons. No registration is required. If you have questions, call Joyce Dupont at [413-323-4274](tel:413-323-4274) (JdupontB@aol.com). Information about the Conference can be found on the APDAMA.org website.

Old Meeting House Museum Open Houses—Sunday, November 9 from 2-4 pm, Native American Folklore. Speaker Doug Harris, Deputy Tribal Historic Preservation Officer of the Narragansett Tribe, will discuss Native American Tribes of 1660-1700's including a display of artifacts.

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Questions? Call Frankie B's at 596-2423.





VETERANS OFFICE NEWS

Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please contact Richard Prochnow. Call **596-8379** and ask for Veteran's Agent.

From the Friends—Who Needs A Billiards Room ?

Most Senior Centers have a Billiards Room because it is a great place for seniors to gather and enjoy, not only playing the game itself but usually because it includes other people, either for a friendly game or for the competition. Competition can be a light hearted game or series of games among friends or a sophisticated and structured member group competing for trophies. It is interesting to note that Billiards was first played in Europe in the fifteenth century. Even Mary Queen of Scots was an enthusiast, to the point that her body was wrapped in her Billiard table cloth in 1586. For clarification, the term billiards is actually many cue stick and ball games. There are essentially three types: 1. Pool, which is the familiar six pocket table with a variety of optional games, 2. Carom billiards which is played on a table without any pockets and only three balls and 3. Snooker which is a British game played on a table with six pockets but the table, number of balls, cue stick and rules are very unique. Having visited a few local Senior Center Pool Rooms it was enlightening to see the high usage of the respective rooms, whether it was the five table room in Agawam or the three table room in Ludlow. In Ludlow under the strong leadership of Richard Belisle and Fred Lafayette the room is highly functional and well designed. The room has a trophy case, posted rules of play, pictures, and even posted rules of behavior. Both men and women use the tables with a schedule for open play as well as competitive tournament play. They even hosted the Western Senior Olympics with Billiards as an important component. They played 65 matches in three days. Even a few well known women professionals (Kelly Fisher and unrelated Allison Fisher) when in the area have stopped by. Since 2007 it is estimated that they have had over 40,000 matches played. This is big stuff! The potential for Wilbraham seniors is amazing and needed, with a lot of fun and entertainment possible to keep us young and healthy.

ADS

DIRECTOR OF ELDER AFFAIRS:

Paula Dubord

ACTIVITIES/VOLUNTEER**COORDINATOR:**

Mary Ellen Schmidt

SOCIAL SERVICES**COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

VETERAN'S AGENT:

Richard Prochnow

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:

Jim Hiersche

WEEKLY VOLUNTEERS

Office: Ann Beardsley,

Evelyn Morris, Adell Teschendorf,
Jackie Daniels, Dorothy Soja

Van: Dottie Kantor, Peter Siuda,
John Cochran & Gary Babineau

**IF YOU WISH TO UNSUBSCRIBE
FROM THIS NEWSLETTER
PLEASE CALL THE SENIOR
CENTER AT 596-8379**

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors".
Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705
Wilbraham, MA 01095

Meals served Mon and Tues at 11:45 a.m. in the lunch room. Reservations must be made the day before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS
WILBRAHAM SENIOR CENTER
45B POST OFFICE PARK
WILBRAHAM, MA 01095-1179**

RETURN SERVICE REQUESTED

Nonprofit Organization
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PERMIT NO. 2853

**SENIOR CENTER HOURS:
Monday-Friday, 8:00-4:00**

PVTA Van Service

available by calling 739-7436.

Newsletter available online at
www.wilbraham-ma.gov

COUNCIL ON AGING MEMBERS:

Chairperson: Trant Campbell

Vice Chair: Robert Page

Secretary: Ellen O'Brien

Members: Theresa Munn, Gilles Turcotte,
Marie Valentine, Diane Weston, Father
Panteleimon Klostri

Meeting: 1st Wednesday of each month at
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month mailed to:

Wilbraham Senior Center
45B Post Office Park
Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546
Email: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:**

Nov. 3—Stop & Shop

Nov. 10—Big Y

Nov. 17—Stop & Shop

Nov. 24—Big Y

WEDNESDAY TRIPS

Nov. 5—WalMart

Nov. 12—Eastfield Mall

Nov. 19—WalMart

Nov. 26—Holyoke Mall

THURSDAYS TRIPS

Nov. 6—Big Y

Nov. 13—Stop & Shop

Nov. 20—Big Y

Nov. 27—CLOSED

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

Around Town Trips on Tuesdays—call to reserve a seat!

Call 596-8379 to sign up today.

